

The Good Life!™

Health Plans Office Retiree Newsletter



MESSAGES FROM EMPLOYEE RELATIONS AND BENEFITS



Greetings! As we know, LADWP is a great place to work, and from what I hear, an even better place to retire from. I want to introduce myself. My name is Deitra Barnett, and I am the Director of Human Resources over the newly created Division of Employee Relations and Benefits. While I have been with LADWP for over a decade, I am happy

to expand my responsibilities to include our Health and Benefits Office. With that, I am dedicated to ensuring our team continues to provide you, our cherished retirees, with excellent customer service.

The Health Plans Office had a good year. With things returning to a sense of normalcy in 2023, we returned to an in-person Open Enrollment, participated in the Retiree Picnic hosted by the Employees Association and had Wellness Fairs at JFB and in the Owens Valley this year. While our Wellness Fairs were attended primarily by our active members, our health carriers were onsite to answer questions for all. For those who attended any of these events, it was great to be in-person again. Also, we have re-opened our Health Plans Office for in-person visits, and continue to be available by telephone and email. As a reminder, information is always accessible on our eBenefits website (<https://ebenefits.ladwp.com>).

We also had some notable accomplishments this year! One major milestone was the expansion of our Kaiser Retiree Plan coverage beyond southern California to the following states: Colorado, Georgia, Hawaii, Maryland, Oregon, Virginia, Washington and Washington D.C. If you currently reside in or plan to move to one of these states and are interested in enrolling or maintaining your Kaiser coverage, please contact us.

Furthermore, I am pleased to announce we recently made a key staff appointment: Antrencia Sims joins me as our new Manager of the Employee Health and Benefits Office. The two of us are excited and committed to provide you the best service possible.

I wish you and your loved ones a wonderful New Year, and please continue to enjoy *The Good Life!*

Deitra Barnett

Director, Employee Relations and Benefits



I am so excited to join the dedicated and hardworking staff of the Health and Benefits Office as the new Manager of Employee Health and Benefits! The Health Plans team continues to innovate services to meet the needs of more than 20,000 employees and retirees enrolled in LADWP's health and dental plans.

I am grateful for the trailblazing work achieved by my immediate predecessor that allows for the continuation of the many efforts to meet both short- and long-term goals regarding automating our systems. This will result in more accessible and convenient ways for you to make changes to your medical and dental elections, enroll in Medicare and update routine information, all while being able to review your member profiles and reference important updates when available.

Additionally, our renewed focus on wellness plans and increasing educational pieces will further enhance your participant experience and ability to thrive. I hope you enjoy the wonderful information contained in this issue of *The Good Life!* and that you find it helpful. See you all soon as we prepare for Open Enrollment 2024. I look forward to engaging with the many faces of LADWP's workforce, both past and present.

Looking forward to a prosperous and collaborative New Year!

Antrencia Sims

Manager, Employee Health and Benefits Services



Setting Exercise Goals

provided by Healthy Adventures Foundation



This time of year, people often reflect over the previous year and think about what we want to do differently or achieve. Often times these thoughts center around our health and what we can do to take better care of ourselves. The problem is that we tend to overcommit to unrealistic goals and expectations that are too far removed from how we live our lives. The question then becomes, how do we do things differently?

Let's explore one of the most commonly set goals and how to tackle it – getting more exercise!

Get cleared by your doctor. The first thing would be to talk to your doctor to make sure your current health status allows for more exercise.

Track your activity. Once you are cleared by your doctor to proceed, take a look at your current activity levels over the next week. Without making any changes, track your physical activity by time of day, type of activity, duration of the activity and how you feel before and after the activity.

Set health goals. Determine what your health goals are and set physical activity and exercise goals about 10% higher than your daily average and in the direction of your health goals.

Track progress. Track your activity levels by a way that you choose, such as tracking minutes of physical activity, a step tracker or something similar. Track how you feel before and after the activity to tap into your intrinsic motivation, which is based on how things make you feel.

Uphold positive reinforcement. Let go of guilt and stop being hard on yourself. Change is hard! Acknowledge your successes, no matter how small. Give yourself pep talks. Look at progress over time, instead of day by day.

Maintain progress. Increase 10% each month or when you feel your current level has gotten easier. This means you have hit a plateau and it is time to make a change. Continue to increase your goals at least monthly until you reach the level you are targeting. Small incremental goals are more likely to be sustained.

Celebrate success in 2024. In January 2025, when you look back at the previous year, be impressed with your progress and accomplishments. Set new goals all over again!



HPO Staff Spotlight

Name: Norma Juarez
Position: Benefits Specialist
Phone: (213) 367-2023
Email: healthplans@ladwp.com
LADWP Hire Date: December 2018
Retirement Goals: Travel the world!

I began my civil service career in 2016 working in the Los Angeles County Treasurer and Tax Collector, Revenue Enforcement Department, administering Business License Programs. However, landing a job for the City of Los Angeles was my goal. My office overlooked the City Hall building and I often told myself I “wanted to work in that beautiful building.”

December 24, 2018, was my first day reporting to work at LADWP. I had a full circle moment approaching the JFB building and seeing the reflection of beautiful City Hall in its tall windows. The moment I walked into JFB to all the fun holiday festivities on Board Resolution Day, I knew I was in the right place.

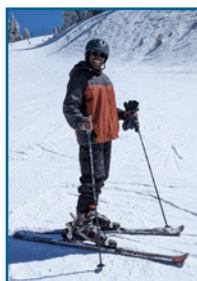
Outside of work, Monday through Friday you can find me taking spinning class at my local gym. On the weekends, I enjoy outdoor activities the most. I love mountain biking on the trails of our beautiful and sunny southern California. Riding my bike uphill and cruising down is an exhilarating journey that sets my mind and spirit free. I embrace the challenge in every riding adventure with my riding buddies who have been my best friends since childhood. High intensity riding develops a big appetite, so every ride always ends with the best lunch or dinner.

I am beyond grateful to soon approach my five-year anniversary at LADWP. Time flies when you're having fun! I look forward to the next 25 years at LADWP serving our diverse constituents, employees and retirees, and one day being eligible to retire. I want to travel around the world, mountain bike ride scenic trails, eat the best food and drink the finest wine.



Retiree Health Spotlight

Retiree Emmett Hall Jr. on the slopes at Mountain High Resort in Wrightwood, CA.



Retiree Emmett “Rico” Hall Jr. participates weekly in the Senior Stars Program at Mountain High Ski Resort during the winter season. The program is designed for members ages 50 and older and is an excellent activity for seniors. For those interested in the program, visit mthigh.com/site/lessons-and-rentals/specialty-programs/senior-program-temp.html.

Send a photo of yourself doing a healthy activity, and you may be featured in an upcoming newsletter! Email your best shot to healthplans@ladwp.com.

Butternut Lentil Soup (group recipe)

provided by Healthy Adventures Foundation

- 1 tablespoon canola oil
- 1 butternut squash, pre-baked diced
- 2 carrots, diced
- 1 tablespoon curry powder
- ½ cup lentils
- 1 cup low-sodium vegetable or chicken stock
- 1 can coconut milk
- ½ box of butternut squash soup (ready-made)

Heat the oil in a large saucepan, add the squash and carrots and cook for 2 minutes. Stir in the curry powder and cook for 1 minute. Add the lentils, stock and coconut milk. Stir and bring to a boil. Turn down the heat to a simmer. Cook for 15-18 minutes.

Add ¼ cup of cilantro, chopped with stems and all.

Using a hand blender, food processor, or blender, combine until everything is as smooth as you like. Top with with roughly chopped cilantro.



Nutrition Facts

Serving size: 1 cup
Servings: 12

Amount per serving		
Calories		181
		% Daily Value*
Total Fat	13.8g	18%
Saturated Fat	4.3g	22%
Cholesterol	0mg	0%
Sodium	138mg	6%
Total Carbohydrate	14g	5%
Dietary Fiber	5.3g	19%
Total Sugars	3.1g	
Protein	3.1g	
Vitamin D	0mcg	0%
Calcium	61mg	5%
Iron	3mg	18%
Potassium	295mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



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Red Pepper Flatbread (individual)

provided by Healthy Adventures Foundation

- ¼ cup all-purpose flour
- 1 tablespoon wheat flour
- 1 tablespoon plain yogurt
- ⅛ teaspoon red pepper flakes

Pinch ground black pepper
Pinch of salt
Add 1 teaspoon of water at a time, only if needed

Mix all the ingredients in a bowl. The batter should stick

together but not be sticky. Form a ball. Use a rolling pin to roll 1-2 flatbreads. Spray a frying pan or griddle with cooking spray on medium high heat. Add your flatbread and cook 2-3 minutes on each side. Serve.



Contacts

LADWP Health Plans Administration Office

Our current office hours are 8:00 a.m. to 3:00 p.m., Monday through Friday. If we are unable to assist you in person, please contact us as follows:

Phone: (213) 367-2023,
(800) 831-4778
Monday-Friday, 7:00 a.m. – 4:00 p.m.

Fax: (213) 367-2078

Email: healthplans@ladwp.com

Website: <https://eBenefits.ladwp.com>

Mailing Address:

111 N. Hope Street, Room 564
Los Angeles, CA 90012

IBEW Local 18 Benefit Service Center

Phone: (800) 842-6635
(818) 678-0040

Email:
local18@mybenefitchoices.com

Website:
mybenefitchoices.com/local18

Mailing Address:

9500 Topanga Canyon Blvd. Chatsworth, CA 91311



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WINTER 2024

The Good Life!

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